

Implementing Tobacco Cessation Programs in Reserve Units



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Tobacco Use Impacts Mission Readiness

- Decreased fitness
- Increased injuries
- Lost work time
- Longer healing time
- Decreased night vision



Smoking Problem*

	Cigarettes
Navy	30.6%
Marine Corps	34.9%



* 1998 DoD Survey of Health Related Behavior

Cigar Problem*

Navy

31.3%

Marine Corps

42%



* 1998 DoD Survey of Health Related Behavior

Smokeless Problem*

Navy

9.2%

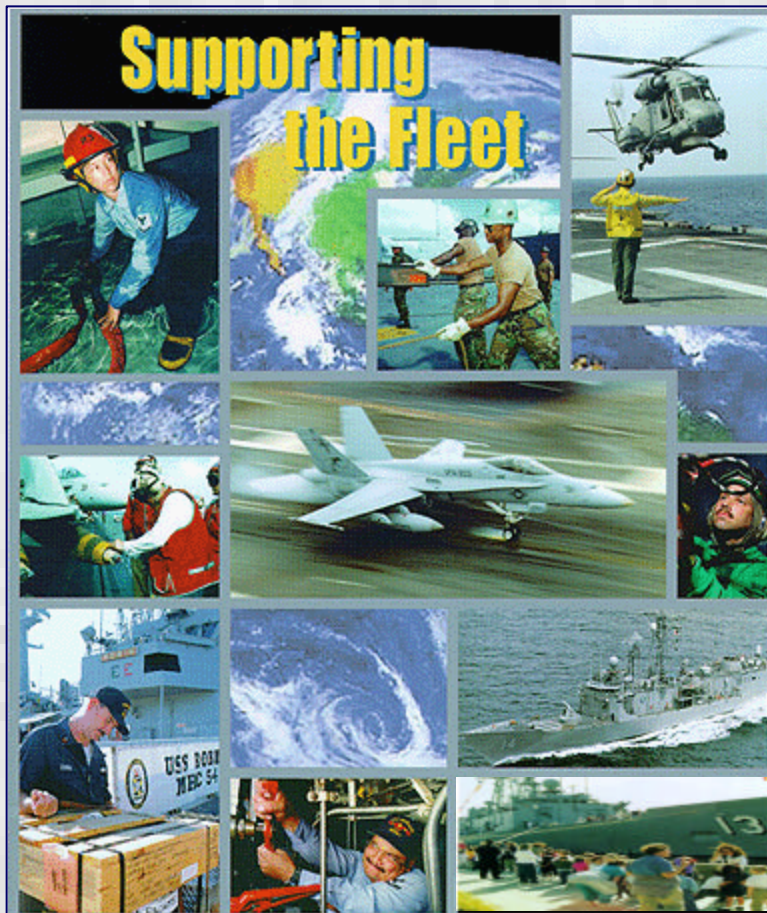
Marine Corps

19.1%



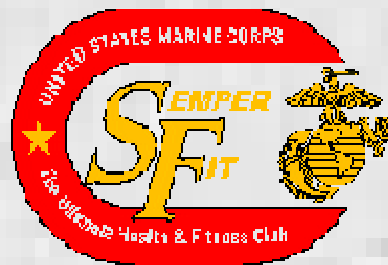
* 1998 DoD Survey of Health Related Behavior

- How many reservists in your unit and reserve center use tobacco?
- How many have quit?



What Can You Do?

- Nothing
- Individual vs. Systems Approach
- Public Health and Health Promotion Model
 - Primary Prevention
 - Secondary Prevention
 - Tertiary Prevention



Effective Tobacco Cessation Interventions*

- Involves physicians and non-physicians.
- Uses face to face contact.
- Individualizes efforts.
- Uses more than one modality to motivate behavior change.
- Provides motivational messages on multiple occasions over time.

*Kottle, T.E., et al JAMA. 1988; 259(19):2883-2889

Encourage Reservists to Quit using Tobacco!

